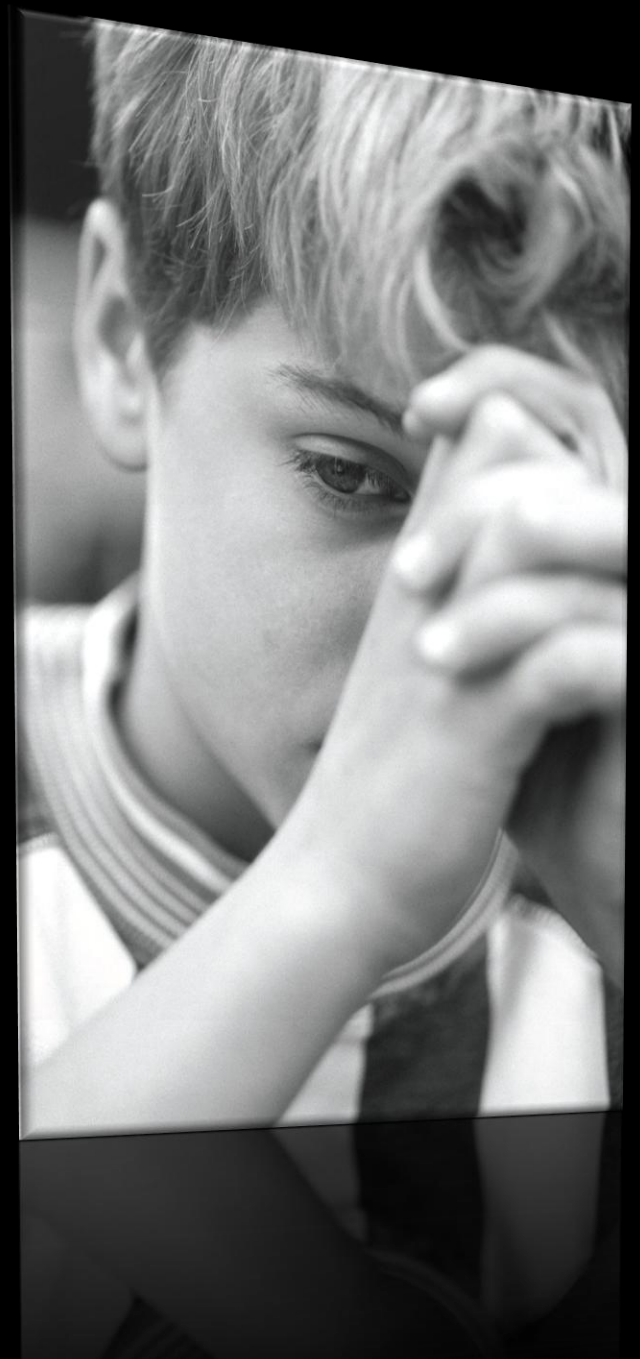

MOOD DISORDERS

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SHOUT
SHARE
IT

Definitions:

Mood → a pervasive long lived period, and sustained emotion that colors the persons perception of the world mood .

It is an internal subjective state.

Affect → the expression of emotion or feelings short lived period

Abnormalities Of Mood

- **Euthymic** mood → a normal non depressed, reasonably positive mood.
- **Dysphoric** mood → unpleasant or uncomfortable mood, such as sadness depressed mood , anxiety, irritability or restlessness.
- **Depression**
- **Anhedonia** → inability to experience pleasurable emotions from normally pleasurable life events such as eating, exercise, social interaction
- **Elation** → an emotion of happiness.
- **Euphoria** → a profound sense of well being.
- **Mania** → a state of abnormally elevated or irritable mood, arousal, and or energy levels.
- **Hypomania** → persistent and pervasive elevated euphoric or irritable mood

MANIA	HYPOMANIA
> 7 days	> 4 days
May have **Psychosis**	No psychosis
May need **hospitalization**	Dose not require hospitalization
Severe impairment in social and or occupational functioning	No marked impairment in social or occupational functioning

In contrast to depressed patient , manic patients are quickly identified because judgment is impaired .

Epidemiology

1 The lifetime prevalence of
major depressive disorder → is about two times
higher in women than in men.
of bipolar disorder is about equal for both sexes.

2 No ethnic differences are found in the occurrence of mood disorders.

3 Depression is the 2nd cause of morbidity in women and 4th in men .

4 depression usually affect adolescence and young adult .

5 prevalence rate is **5% among population** .

80% of depressive patient think of **suicide** but only 15% commit suicide .

The WHO estimates that by 2020 → depression will become the single leading cause of disability worldwide.

Etiology

A- Biologic factors :

1. neurotransmitter activity
2. abnormalities of the limbic –hypothalamic pituitary – adrenal axis \ dexamethasone suppression test
3. immune system functions and sleep patterns

B- Psychosocial factors (MDD , not mania or hypomania) :

1. the loss of a parent in the first decade of life and loss of spouse or child in adulthood.
2. stress , low self esteem , loss of hope .

C- Genetic factors (significant in bipolar):

90% Monozygotic twins

25% Dizygotic twins

Other causes

Category	Cause
Medical	Cardiopulmonary , renal diseases and cancers
Endocrine	Thyroid , parathyroid , adrenal dysfunction
Infectious	Pneumonia , mononucleosis , AIDS
Inflammatory	SLE , RA
Neurologic	Parkinson , epilepsy , MS , stroke , brain tumor , dementia
Nutritional	Nutritional deficiency
Drugs	Steroid , OCP , methyldopa , propranolol
Psychiatric disorder	Schizophrenia , somatization disorders , Drug + alcohol abuse and withdrawal , eating disorders

Metabolites of monoamines and associated psychopathology

Neurotransmitters	Concentration	Associated psychopathology
DoPamine	Increased HVA	SchizoPhrenia PsYchosis
	Decreased HVA	Parkinson disease DePression Alcoholism
NorePinePhrine	Decreased MHPG	Sever dePression
	Increased VMA	Adrenal medulla tumors
Serotonin	Decreased 5 HIAA	Sever dePression Tourette sYndrome Alcohol abuse Bulimia

Classification of mood disorders:

1. Major depressive disorder MDD
2. Bipolar disorders :
    - A bipolar I disorder
    - B bipolar II disorder
3. Dysthymic disorder
4. Cyclothymic disorder

-Unipolar disorders like :

MDD \ single or recurrent
dYsthmic disorders
grief bereavement

-Bipolar disorders like :

biPolar I and II
cYclothYmic
raPid cYcling

Major Depressive Disorder

-lifetime prevalence (15%)

DSM – IV criteria

Presence of at least 5 of symptoms must include one major for at least 2 weeks :

I- Major :

1 lack of interset \ depressed mood
2 Inability to express Pleasure \ anhedonia

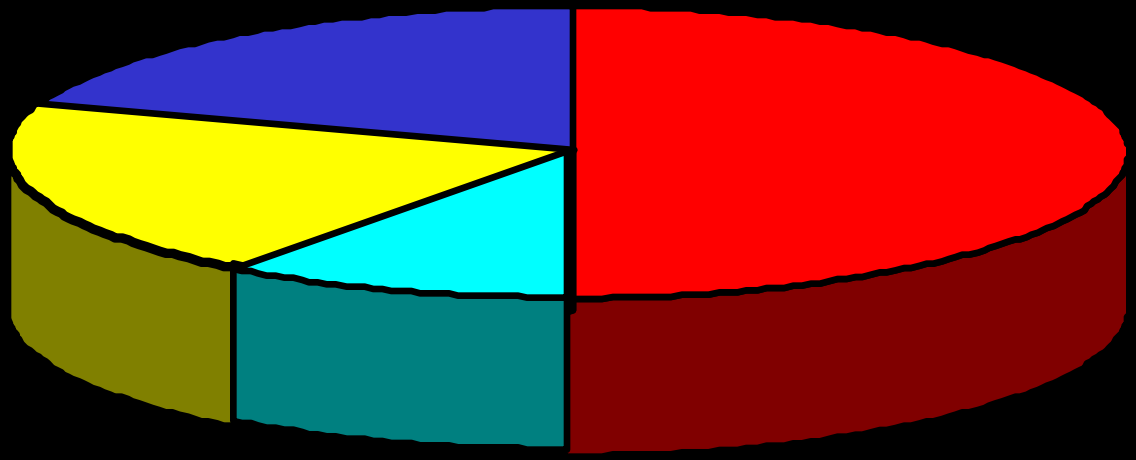
II- MINOR :

1 Change in appetite or body weight.
2 Feeling of worthlessness or excessive guilt.
3 Insomnia or hypersomnia.
4 Diminished concentration.
5 Psychomotor agitation or retardation.
6 Fatigue or loss of energy.
7 Recurrent thoughts of death or suicide.

Depressive Disorder

20% treated without medications

50% of patients never seek help



20% treated with antidepressants

10% treated with tranquilizers

Clinical features of depressive disorders

Appearance:

- Neglected dress and grooming
- Facial features
- Reduced rate of blinking
- Reduced gestural movements
- Downwards gaze, head inclined forwards

Speech:

- Poverty of speech
- Hesitancy